

What should I do if I get sick?

If you become sick with flu-like symptoms, you should stay home and stay away from other people except to see your doctor. Most people get better at home without needing medical care.

However, some people are at more risk of serious flu-related problems and should call their doctor if they have flu-like symptoms. They are:

- Children younger than 5, but especially children younger than 2 years old
- People 65 and older
- Pregnant women
- People who have:
 - Cancer
 - Blood disorders (including sickle cell disease)
 - Chronic lung disease (including asthma or chronic obstructive pulmonary disease [COPD])
 - Diabetes
 - Heart disease
 - Kidney disorders
 - Liver disorders
 - Neurological disorders (including nervous system, brain or spinal cord)

If you notice any of the warning signs listed below, call your doctor, go to the emergency room, or dial 911

Warning signs to look for in children:

- Fast breathing or trouble breathing
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash
- Bluish skin color

Warning signs to look for in adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or stomach
- Sudden dizziness
- Confusion
- Severe or constant vomiting

Placer County HHS

Swine Flu Information (H1N1 Flu)



Placer County Community
Health, Clinics, & Animal Services
www.placer.ca.gov
(530) 889-7161 Flu Information Line

Swine Flu — H1N1



What you can do to protect yourself and prevent the spread of H1N1 Flu



Wash your hands often

Cover your cough and your sneeze



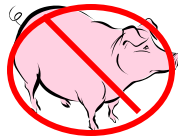
Flu symptoms:

- Fever
- Cough
- Body Aches
- Runny nose
- Sore throat
- Nausea
- Vomiting
- Diarrhea

Call your doctor if you have these symptoms

What is novel H1N1 flu?

This new virus was called “swine flu” at first because it has pieces of flu viruses found in pigs in the past. But novel H1N1 virus has not been found in U.S. pigs.



Steps to protect yourself and others:

- Wash hands a lot with soap and water and after you cough or sneeze
- Hand sanitizers with an alcohol base can be used
- Cough and sneeze into the angle of your elbow or into a tissue (throw used tissue in trash and wash your hands)
- Avoid close contact with sick people
- Avoid touching eyes, nose, and mouth
- If you get the flu, stay home from work or school
- Get the seasonal flu vaccine
- And get an H1N1 vaccine!



Limit contact with others to prevent the spread of the flu

Should I get the H1N1 flu vaccine?

Some people should get the vaccine first, such as:

- Pregnant women
- People who live with children younger than 6 months old
- People who provide care for children younger than 6 months old
- Health care and emergency medical service personnel
- People 6 months to 24 years old
- People 25 to 64 years old who are at more risk for H1N1 flu problems because of a health condition or weak immune system

After these groups get the vaccine, others who wish to be immunized may get the shot.

For more information, visit the Placer County website at www.placer.ca.gov or call the Flu Information Line at (530) 889-7161